

ABSTRAK

PENGARUH PENGAJARAN *HANDBALL LIKE GAMES* TERHADAP PENGUASAAN KETERAMPILAN GERAK DASAR LEMPAR TANGKAP DALAM PEMBELAJARAN PENJAS SEKOLAH DASAR

(Studi Eksperimen di SDN Merdeka 5 Bandung)

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Skripsi ini membahas mengenai upaya peneliti untuk mengetahui pengaruh pengajaran *handball like games* terhadap keterampilan gerak dasar lempar tangkap dalam pembelajaran penjas sekolah dasar. Skripsi ini merupakan penelitian eksperimen yang dilakukan di SDN Merdeka 5 Bandung penelitian selama 12 kali pertemuan, didapatkan hasil bahwa dari *treatment handball like games* terdapat pengaruh terhadap penguasaan keterampilan gerak dasar lempar tangkap dalam pembelajaran penjas sekolah dasar *study* eksperimen yang dilakukan di SDN Merdeka 5 Bandung Berdasarkan uji t dengan kriteria uji pada taraf = 0,05 diperoleh nilai t_{hitung} sebesar 12,403 dimana $t_{tabel} = 1,697$, jadi $t_{hitung} > t_{tabel}$ dengan probabilitas (Sig.) sebesar 0,000. Nilai ini lebih kecil dari 0,05, artinya H_a diterima dan H_o ditolak. Dan besarnya pengaruh terlihat dari hasil rata-rata dari Gain dengan nilai 4,033. Dengan demikian dapat diambil kesimpulan bahwa dimensi *handball like game* berpengaruh terhadap keterampilan gerak dasar lempar tangkap siswa kelas 5 SDN Merdeka 5 Bandung.

Kata Kunci: Lempar tangkap, Handball like games, Handball

ABSTRACT

THE INFLUENCE OF HANDBALL LIKE GAMES TEACHING TOWARDS SKILL IMPROVEMENT OF CATCH THROWING BASIC MOTION IN PHYSICAL EDUCATION INSTRUCTION OF ELEMENTARY SCHOOL (Experimental Study in SDN Merdeka 5 Bandung)

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This thesis deals with the efforts of researcher to figure out the influence of handball like games teaching towards skill improvement of catch throwing basic motion in physical education instruction of elementary school. This thesis is an experimental research conducted in SDN Merdeka 5 Bandung. This research is conducted for 12 times and it is obtained that there are influences of handball like games treatment towards skill improvement of catch throwing basic motion in physical education instruction in SDN Merdeka 5 Bandung. Based on t test with test criteria in level = 0.05, obtained t_{count} 12,403 where $t_{\text{table}} = 1,697$, so $t_{\text{count}} > t_{\text{table}}$ with probability (Sig.) 0,000. This (Sig.) value is less than 0.05, it means H_a accepted and H_o rejected. And the magnitude of the effect can be seen from the average result with the value 4,033. Thus it can be concluded that the dimension of handball like games is influential towards 5th grade students skill improvement of catch throwing basic motion in SDN Merdeka 5 Bandung.

Keywords: catch throwing, Handball like games, Handball

